

SWIM LESSONS

at the Warren Community Center

Mondays, January 9-March 6 **(No class February 20)** **Activity# 41501**

A. Pre-school 1	4:35-5:05 p.m.
B. Pre-school 3	4:35-5:05 p.m.
C. Level 2	5:10-6 p.m.
D. Level 4	5:10-6 p.m.
E. Pre-school 2	7-7:30 p.m.
F. Level 1	7:35-8:25 p.m.
G. Level 3	7-7:50 p.m.
H. Advanced Teen	7:55-8:45 p.m.

Tuesdays, January 10-March 7 **(No class February 21)** **Activity# 41504**

A. Pre-school 2	4:35-5:05 p.m.
B. Level 1	5:10-6 p.m.
C. Level 2	5:10-6 p.m.
D. Parent-tot	7-7:30 p.m.
E. Level 2	7-7:50 p.m.
F. Level 6	7:35-8:25 p.m.
G. Beginner Adult	7:55-8:45 p.m.



Wednesdays, January 4-March 1 **(No class February 22)** **Activity# 41505**

A. Pre-school 1	9:30-10 a.m.
B. Parent-infant	10:05-10:35 a.m.
C. Parent-tot	10:40-11:10 a.m.
D. Pre-school 2	11:15-11:45 a.m.
E. Level 1	4:15-5:05 p.m.
F. Level 3	4:15-5:05 p.m.
G. Level 1	5:10-6 p.m.
H. Level 2	5:10-6 p.m.
I. Parent-infant	7-7:30 p.m.
J. Pre-school 1	7-7:30 p.m.
K. Level 1	7:35-8:25 p.m.
L. Level 2	7:35-8:25 p.m.

Thursdays, January 5-March 2 **(No class February 23)** **Activity# 41507**

A. Pre-school 1	4:35-5:05 p.m.
B. Pre-school 3	4:35-5:05 p.m.
C. Level 1	5:10-6 p.m.
D. Level 2	5:10-6 p.m.
E. Level 3	7-7:50 p.m.
F. Level 4	7-7:50 p.m.
G. Advanced Adult	7:55-8:45 p.m.

Fridays, January 6 - March 3 **(No class February 24)** **Activity# 41508**

A. Parent-tot	4:35-5:05 p.m.
B. Level 2	5:10-6 p.m.
C. Level 4	5:10-6 p.m.
D. Pre-school 2	6:05-6:35 p.m.
E. Level 1	6:05-6:55 p.m.
F. Pre-school 3	7-7:30 p.m.
G. Level 3	6:40-7:30 p.m.
H. Beginner Teen	7:35-8:25 p.m.

Saturdays, January 7 - March 4 **(No class February 25)** **Activity# 41509**

A. Parent-tot	9-9:30 a.m.
B. Pre-school 1	9-9:30 a.m.
C. Pre-school 2	9-9:30 a.m.
D. Parent-infant	9:35-10:05 a.m.
E. Pre-school 2	9:35-10:05 a.m.
F. Pre-school 3	9:35-10:05 a.m.
G. Level 1	10:10-11 a.m.
H. Level 2	10:10-11 a.m.
I. Level 4	10:10-11 a.m.
J. Level 5	10:10-11 a.m.
K. Level 1	11:10-noon
L. Level 2	11:10-noon
M. Level 3	11:10-noon
N. Level 6	11:10-noon

Sundays, January 8 - March 5 **(No class February 26)** **Activity# 41511**

A. Parent-infant	5:00-5:30 p.m.
B. Pre-school 1	5:00-5:30 p.m.
C. Level 5	5:10-6 p.m.
D. Parent-tot	5:35-6:05 p.m.
E. Pre-school 2	5:35-6:05 p.m.
F. Level 1	6:10-7 p.m.
G. Level 2	6:10-7 p.m.
H. Level 3	6:10-7 p.m.
I. Level 5	6:10-7 p.m.
J. Level 1	7:05-7:55 p.m.
K. Level 2	7:05-7:55 p.m.
L. Level 4	7:05-7:55 p.m.
M. Level 6	7:05-7:55 p.m.
N. Intermediate Teen	8-8:50 p.m.
O. Beginner Adult	8-8:50 p.m.
P. Intermediate Adult	8-8:50 p.m.

Private Swim Lessons

at Warren Community Center

For ages 3 and up. The level taught will be determined by the instructor after the participant has been evaluated on the first day. Private lessons are taught one-on-one.

Sundays **January 8 - March 5** **No class February 26** **Activity #41516**

A. Private-any level	5:10-6 p.m.
B. Private-any level	6:10-7 p.m.
C. Private-any level	7:05-7:55 p.m.
D. Private-any level	8-8:50 p.m.



Make-Up Lessons Policy

There will be NO make-up classes or refunds for participants unable to attend.

If the pool is closed due to maintenance issues, a make-up class will occur.

FREE Testing Day

Bring your child in for a swim test to determine level placement. Friday, December 2, 4 - 6 p.m.

REGISTRATION BEGINS

On-line: Tuesday,
December 6 at 9 a.m.
Walk-in: Thursday,
December 8 at 9 a.m.
Phone-in: Tuesday,
December 13 at 9 a.m.

REGISTRATION FEES

- Parent-infant: \$50
- Parent-tot: \$50
- Pre-school: \$50
- Levels 1 - 6: \$58
- Teen/Adult lessons: \$58
- Private lessons: \$200
(Semi-Private: \$25 for each additional student)

Registration can be done in person at the Warren Community Center, over the phone at 586-268-8400 with Visa or MasterCard and online.

Please note: It is highly recommended that registration is completed online. By doing so, there is a greater chance of enrolling in your desired class.

Visit us on the web at
www.cityofwarren.org!



Semi-Private Swim Lessons



Perfect for those who want to enroll family and/or friends in class together, but still want the private lesson experience.

Students must be at the same skill level to enroll together.

Warren Community Center
\$200 first child \$25 each additional child
(Limit of 3 children)

Register one student online in your preferred private lesson time slot. Prior to the first day of class, call the swim lesson coordinator at 586-258-2051 to add students.



PRE-SCHOOL PROGRAM (AGES 4 AND UNDER)

Parent-Infant: With the parent's assistance, infants will learn water adjustment and basic water skills. Skills will be introduced through games, songs, and activities. Swim diaper and plastic pants required. For ages 2 and under.

Parent-Tot: With the parent's assistance, toddlers will focus on water exploration, floating, basic locomotion, stroke readiness and stroke development. Skills will be introduced through games, songs, and activities. Swim diaper and plastic pants required for those under. For ages 2 to 4.

Preschool 1: For children who are in class for the first time without a parent. Focuses on enjoyment in and on water adjustment (students do not go underwater). Students are supported by a teacher for all skills. For ages 3-4.

Preschool 2: For children who are not afraid of the water. This class will build upon basic swimming skills so children can gain more confidence in the water. Students begin to go underwater and float, glide, kick, and swim with little to no assistance in this class. For ages 3-4.

Preschool 3: Students will float, glide, kick and swim with no assistance. Students will perform skills for longer durations/greater distances. Must be able to go underwater and swim on the front and back unassisted before enrolling. For ages 3-4.



Attendance and Test Day Information...

If your child is absent for a lesson, the lesson can not be rescheduled. Testing for all events will be held on the last day of class. If your child is unable to attend, please make the instructor aware so the test can be on the last day the child will be in attendance.

LEVEL PROGRAMS (AGES 5 AND UP)

Level 1: Students will learn to go underwater and learn basic skills. For ages, 5-10.

Level 2: For those who are ready to learn the foundations of front and back swimming. Students must be able to float with little or no assistance before enrolling. Previous swim lesson experience highly recommended. Ages 5-10.

Level 3: Students will learn correct technique for front crawl/elementary backstroke and will be introduced to dolphin kick, scissors kick and treading water. Must pass Level 2 or be able to swim 10 yards unassisted on the front and back before enrolling. Ages 5-12.

Level 4: Students will increase endurance for front crawl/elementary backstroke. Participants will learn the backcrawl, sidestroke, breaststroke and butterfly. Class is held in deep water; must pass Level 3 before enrolling. Ages 6-14.

Level 5: Students will work on coordination and refinement of strokes to increase endurance and efficiency while swimming. Flip turns will be introduced. Students must know all six strokes before enrolling. Ages 7-14.

Level 6: Students will continue with refinement of strokes in order to swim with more ease, efficiency, power and smoothness over greater distances. Fitness elements will be taught to students. Must be proficient in all six strokes before enrolling. Ages 8-14.

TEEN PROGRAM (AGES 10-15)

Beginner Teen: This class is for students that have minimal swimming experience. Students will learn how to float, glide, kick and swim on the front and back. This class is for students who cannot do skills independently. Ages 10-15.

Intermediate Teen: This class is for students who can already float, glide, kick and swim on the front and back. Students will be taught proper form and technique for swimming front and backcrawl. Rhythmic breathing, elementary backstroke, and breaststroke will be introduced. Ages 10-15.

Advanced Teen: This class is for students that can proficiently swim the front and back crawl, elementary backstroke and breaststroke. Sidestroke and butterfly will be introduced. Students will begin to learn advanced techniques such as turns, and will begin distance/endurance swimming. Ages 10-15.

ADULT PROGRAM (AGES 16 AND UP)

Beginner Adult: For those that have never swam before, and have a fear of the water. Class focuses on becoming comfortable in and around the water. Skills will include going underwater, floating, gliding, kicking and swimming with the assistance of a floatation device and/or instructor if necessary.

Intermediate Adult: For those that have completed the Beginner class or are comfortable in the water. Students should be able to swim independently before enrolling. Class focuses on various strokes such as the front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. Correct form/technique will be taught.

Advanced Adults: For those that are strong swimmers and want to get a swim team type workout. This class will include proper stretches, warm-ups, workouts and cooldowns.

Red Cross Lifeguarding Class

Activity #41528 A

Minimum of 5 students. Top students may receive lifeguard placement in City of Warren Aquatics. Must be 15 years old by last day of class and be able to swim 300 yards in good form. Class includes a universal certificate in Lifeguarding/First Aid/CPR/AED upon passing. Lifeguard book is available for free download to view and/or print at www.redcross.org. No hardcopy will be provided to students.

Warren Community Center

January 7 - March 4 (no class February 25)

Saturdays, 9 a.m. - 1 p.m.

\$120 per person

\$100 Gold Pass members